

# JOSLYN ACTIVITY DESCRIPTIONS

*View our activity schedule for dates and times*

## **Alzheimer's Support Group**

Alzheimer's Association support groups, conducted by trained facilitators, are a safe place for caregivers of those with dementia. A support group is a place to: develop a system, exchange practical information on challenges and possible solutions, talk through issues and ways of coping, share feelings, need, and concerns, and learn about community resources.

## **Basic Fitness**

This exercise class is designed for all fitness levels. It follows a CD that instructs the group. There is no equipment needed for this exercise class. Only a chair is required, which is already provided for you. It focuses on every joint, working your body from head to toe. Come grab a chair and join the class.

## **Ballet Workout**

This fitness class incorporates the fundamentals of Ballet, with barre and center work exercises, in a safe and gentle format geared for older adults.

## **Ballroom Dance**

Come and enjoy live music every Thursday night at Joslyn from 7:00pm to 9:30pm. Singles and couples are all welcome. The cost is \$12.00 (\$10.00 with BSAC). The Thursday Night Ballroom Dance group hopes to see you there.

## **Bingo**

Come and try your luck. Play is \$1 per card.

## **Burbank Beauties**

Formerly known as the Red Hat Society, Burbank Beauties is a social group which focuses on fun after fifty-five for women of all walks of life. The group refers to itself as a "disorganization", acknowledging their

lack of rule and by-laws. And yes, they do wear hats.

## **Burbank University Women**

BUW invites all women who have completed 60 units or more of college work to apply for membership. The goal of Burbank University Women is to promote education and intellectual growth. Activities include monthly meetings with interesting speakers, book club, dining group, day trips, fundraising activities and furnishing college scholarships to graduates of Burbank high schools. For membership information, please call Jeri Primm at 818.843.2610 or Marcia Baroda at 818.848.2825. **HIATUS UNTIL SEPTEMBER**

## **BVP Knitting and Crochet**

Info to come.

## **Chess Club**

You can drop in and play. This is not an instructional class.

## **Coin Club**

Info to come.

## **Drop-In Crafting**

Need a space to craft? You can come and use one of our tables. You must bring your own materials. This is not an instructed class.

## **Drop-In Painting**

Need a space to paint? You can come and use one of our tables. You must bring your own materials. This is not an instructed class.

## **Drop-In Table Tennis**

You can drop in and play. This is not an instructional class.

### **Drum Circle**

This activity is for everyone whether you are a beginner or have been drumming for awhile. There are drums available or you may bring your own. You may also bring CDs to play along with. This is for fun! Come and have a good time!

### **Fleet Feet Outdoor Walking Group**

Join us for a 1-3 mile walk around beautiful Burbank. Bring friends and meet new people as we walk and talk. Distance depends on weather and group conscience. There will be no outdoor walks on rainy days. All abilities invited. For more information contact our sponsor, Fleet Feet Burbank at 818-238-9522.

### **French**

Bonjour everyone! Mademoiselle Forno would like to invite you to learn the beautiful language of French. You won't only learn the language, but the culture also. This two-hour introductory class is designed to develop your listening, speaking, reading, and writing skills in French.

### **Full Body Conditioning**

In this exercise class, Charleen will focus on the whole body which includes the cardiovascular system (heart and lungs), joint mobility, and muscle/vibe strengthening exercises. A 1-3 lb hand weight or a resistance band is needed. This class is great for those who are just starting to exercise and also those that exercise consistently. The focus of Full Body Conditioning is to increase mobility in the joints, increase heart rate to strengthen the lungs and heart, and strengthen muscles that in turn increase bone density to increase overall function and balance of the body.

### **Genetics, Psychology, and Forensics**

Have you ever wanted to learn more about genetics? How about psychology or forensics? Well, we have a new discussion

group starting at Joslyn covering all these topics. Come by and share with the group your questions and thoughts. Please join us, we need you. The group is facilitated by James L. Atwell, MA, author of How to Improve Your Life: Dreams, Self-Therapy & Genetics.

### **Greeting Card/Papercraft Class**

Come on the 2nd Thursday of every month to make five different greeting cards or papercrafts! You'll move from station to station, using a sample as a guide, to create your own masterpieces. The five items you will make each month will differ by season, theme, and event; including but not limited to: birthday cards, get well cards, thank you notes, and/or paper crafts, based on upcoming holidays. Each class is \$5 and includes all project materials. However, each participant is responsible for providing their own scissors and adhesive. Join Linda in the Greeting Card/Papercraft class to make one-of-a-kind cards and crafts for you, your family, and friends.

### **Hula Dancing**

Have you ever been to Hawaii, or watched Hula dancers and thought that you might like to learn how to do the Hula? Na Kupuna Hula o Joslyn (the senior Hula dancers of Joslyn) meets every Thursday morning. Together in an atmosphere of friendship, fun, and Aloha spirit, they practice the art of Hula, the dance of Hawaii. Beginners meet at 9:45am to learn some basic step patterns. From 10:00am-10:30am they work on one of their easier dances. From 10:30am-11:30am, the intermediate/advanced class learns and practices more intricate, but beautiful dances. However, simply doing the Hula is not all the class offers. They also learn about good Hula form and style, the meaning of the dances, and about Hawaiian culture and tradition. E komo mai (come join us).

## **Indoor Chair Volleyball**

Its just like volleyball, but in a chair using a beach ball. The game follows regular volleyball rules with some exceptions. The beach ball is larger than a regular volleyball so it is easier to control. There are many benefits to chair volleyball, such as reducing stress, improving cardiovascular fitness, increasing flexibility and toning muscles. This is a great way to enjoy some exercise and socialize. Join in on the fun!

## **Karaoke**

Come and enjoy great musical performances by Stan and his wonderful group of gifted singers. They would like to extend an invitation to all those who used to sing and have ever wanted to sing to come and give it a go.

## **Kundalini Chair Yoga**

Kundalini yoga is an ancient yoga that is referred to as the Yoga of Awareness. The asanas are based on moving the Kundalini Energy throughout the spine, enhancing brain function and intuition with movements and breath. This practice includes Reiki Self Healing Energy work as we check in with Self and then move back into balance the mind, body, and spirit. We end with meditation to open our intuitive self and re-wire our brain connections creating a deep sense of relaxation in our Central Nervous System. This yoga is intuitive and that means "TRUST YOURSELF ". No experience is needed for this class.

## **Let's Talk Discussion Group**

Members bring up any issue of concern. Maybe a challenging situation or a joyful experience one may want to share. Cross talk is encouraged. This discussion group meets through ZOOM.

## **Line Dance**

The class will offer beginning line dances. The dances incorporate all of the basic line

dance steps and are fun, and low impact. The music is to current and classic country songs as well as to some of Billboard's Top 100 Pop songs, and also some "oldies but goodies." The goal is to have a variety of music. No partner is required. Line dancing is great exercise and a lot of fun, so just wear comfortable shoes and a big smile. Class is \$7 (\$5 with BSAC).

## **Mah-Jongg**

Mah-Jongg is a game of Chinese origin usually played by four persons with 144 tiles that are drawn and discarded until one player secures a winning hand. \*This is not an instructional class.

## **Men's Discussion Group**

This group is for men to father and share their daily and long term issues of concern.

## **Pan**

Panguingue, also known as Pan, is a Rummy-type game. \*This is not an instructional class.

## **Safe Space Discussion Group**

This is a discussion group of whatever concerns are going on in the members lives. General discussion of various topics. This group meets through ZOOM.

## **Saturday Quilting**

Info to come.

## **Soulful Seniors**

The purpose of this group is to explore well-known world religions, including Native American spiritual practices, and lesser known spiritual communities and their philosophies. Individual members volunteer to explore and present weekly topics. No one is expected to be an expert in what they present but rather to share what has peaked their interest and curiosity.

## **Strength and Balance**

Using resistance bands and body weight, this class focuses on stretching, strengthening, and toning the entire body. Equipment needed: resistance bands and small inflatable exercise ball.

## **Tai Chi**

Tai Chi is an exercise system developed in ancient China. Tai Chi's low-impact style will benefit anyone's health regardless of age or physical ability. Tai Chi enhances balance, agility, joint and muscle strength. Increased oxygen in the blood heals the body, restores the immune system, and decreases stress. It may also reduce chronic symptoms. Tai Chi's slow motion form enhances memory and concentration. Instructors, Chris and John believe in 'no pain, lots of gain.' All are welcome. Wear comfortable clothing.

## **T'ai Chi Chih**

T'ai Chi Chih is not a martial art but rather a tool for self-healing. Softness, flow and effortless are guiding principles in this practice. The 19 movements and one pose are designed to stimulate, circulate and balance the vital energy of universal life force, referred to as Qi, which is inherent in all of us. T'ai Chi Chih is often thought of as a moving meditation because of the calming effect on the mind and emotions, and the release of tension throughout the body.

## **Texas Hold 'Em**

This is a specific kind of poker. \*This is not an instructional class.

## **T-Shirt Painting**

Come and create your very own wearable work of art in our T-Shirt Painting class with Virginia. All you need to bring is a pre-washed, light shade color t-shirt. All other supplies will be provided. You will be guided through the process step-by-step then leave with your very own unique masterpiece. Aside from t-shirts, you can

also paint on aprons, pillowcases, and cotton or canvas shopping bags. Class fee is \$2.

## **Ukulele**

Joslyn Ukulele Group is a peer-led round robin jam session comprised of very friendly and forgiving players of all abilities. The emphasis is on fun, not perfection. We are not a teaching group, but any of us are happy to help newer players with any questions or tips and tricks to make playing more fun. We play songs that cross a variety of genres, from simple two or three chord songs to much more challenging material. Members are welcome to participate as much or as little as they want, even if it's just to sing along.

## **Valley Porcelain Artists**

The purpose of the Valley Porcelain Artists' is to promote the fine art of porcelain painting for the enlightenment of the public and to seek ways to interest the public in the fine art of porcelain painting. We meet the last Friday of the month (except July through August, November and December).

## **Wednesday Bridge**

Elena, President of Wednesday Bridge, would like to welcome all bridge players to their friendly and social group. You can either come alone or with a group, they will find a table for you to play. This is not an instructional class, you must know how to play Bridge. For more information, you can contact Elena at 323.656.7945.